



FAVORITES

years

1923 - 1973

ROOSEVELT HIGH SCHOOL PTSA

TASTE LUNCHEON

RECIPES

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with the assistance of Mary Brooks.

TABLE OF CONTENTS

Dedication	1
SALADS	2
Bread & butter pickles	3
Piccalilli	3
Frosted jello salad	4
Golden glow salad	4
Jello layer salad	5
Orange sherbert salad	5
Cranberry sour cream salad	6
Fruit salad	6
Cabbage & bean salad	7
Ribbon slaw	7
Sauerkraut salad	7
Potato salad for a crowd	8
Seafood salad	8
Bean salad	9
Five bean salad	9
MAIN DISHES	10
Zucchini and tomatoes Au Gratin	11
Corn dish	11
Baked beans	11
Green beans supreme	12
Calico bean bake	12
Chili sauce	13
Meat balls stroganoff	14
Hamburger casserole	14
Italian delight	15
Hamburger noodle bake	15
Hamburger Casserole	16
More	16
Jackpot casserole	16
Hamburger hot pot	17
Tallerini	17
Hamburger dish	18
Family meat loaf	18
Yankee doo le le	19
Bag Mad hash	19
Hot dish	20
Tuna casserole	20

TABLE OF CONTENTS (continued)

Hard-boiled egg tuna casserole	20
Chinese beef casserole	21
Chinese casserole	21
Chinese casserole with tuna	22
Salmon loaf	22
Sausage casserole	22
Tuna lasagna	23
Salmon-rice puff	23
Chicken puff royale	24
Chicken casserole	24
Cashew nut chicken casserole	25
Corned beef casserole	25
Tamale Joe	26
Country noodle casserole	26
Tamales	27
DESSERTS	28
Red velvet cake	29
Toffie bars	30
Butterscotch squares	30
Cream puffs	31
Marshmallow delight	31
Pearl tapioca pudding	32
Orange whip	32
Beacon hill cookies	32
Lemon chiffon squares	33
Lemon delight cake	34
Lemon schrum torte or Angel pie	34
Lemon custard filling	34
Apple crumble with pecans	35
Cherub cakes	35
Biscuit cake loaf	36
Quickie berry delight	36

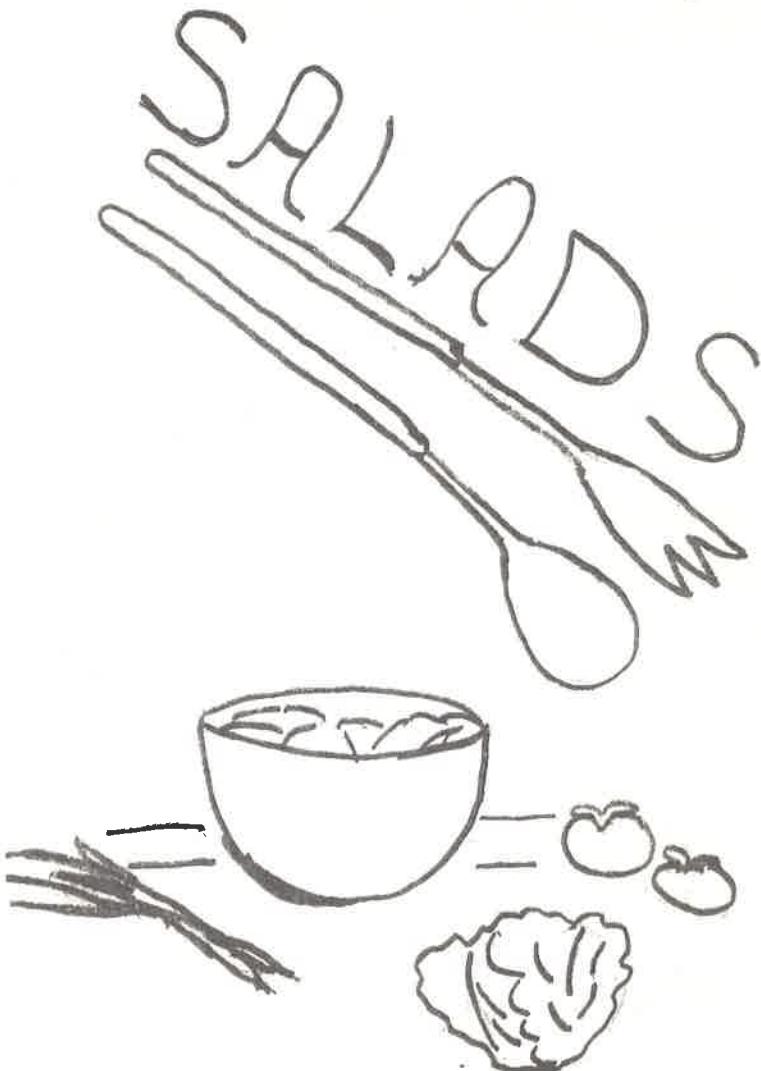
DEDICATION

These recipes are all "kitchen-tested" in the kitchens of the mothers and grandmothers friends and relatives of students of Roosevelt High School, past and present, and have been served at Taste Luncheons sponsored by the RHS PTSA. We all had fun cooking, serving and eating them! We dedicate the book to these thoughtful possessors of willing hands and open hearts. Many thanks!

Barbara R. Parmelee

RHS PTSA President

1971-72



BREAD AND BUTTER PICKLES

ESTHER MYERS

4 qts. sliced cucumbers (24-32 medium size)
 1 sweet red pepper, sliced
 1 green pepper, sliced
 1 qt. sliced onions (4 medium)
 $\frac{1}{2}$ cup salt
 1 qt. vinegar
 $4\frac{1}{2}$ cups sugar
 2 teaspoons turmeric, 2 teaspoons ginger
 2 teaspoons blackpepper, 1 teaspoon ground cinnamon
 2 tablespoons mustard seed
 2 teaspoons celery seed

Wash cucumbers, slice thin. Combine cucumbers, peppers, onions and salt; let stand three hours. Drain. Combine vinegar, sugar, spices and bring to a boil. Add drained vegetables; heat thoroughly by bringing just to a boil. Pack while HOT into sterilized, hot jars, being sure liquid covers the vegetables. Seal at once. Yield: about 8 pints.

PICCALILLI

2 qts. chopped green tomatoes (3 pounds)
 3 green peppers, chopped
 1 sweet red pepper, chopped
 1 qt. Chopped onions (4-5 medium)
 $\frac{1}{4}$ cup salt
 2 cups sugar
 1 qt. vinegar
 $1\frac{1}{2}$ teaspoons dry mustard
 $\frac{1}{2}$ cup (1 oz. pkg.) mixed pickling spice (tied loosely in cheesecloth bag)

Wash vegetables and chop fine. Mix with the salt and let stand two hours. Drain well. Combine vinegar, sugar, spices (pickling spice in bag), bring to a boil and boil 5 minutes. Add drained vegetables and bring to a boil. Remove spice bag. Pack while HOT into sterilized, hot jars and seal at once. Yield, about 6 pints.

FROSTED JELLO SALAD

2 pkg. lemon jello
2 c. boiling water

Then add 2 c. 7-up or cold water. When beginning to jell, add 1 #2 can crushed pineapple (drained) and 2 bananas sliced and 1 c. miniature marshmallows.

Topping:

$\frac{1}{2}$ c. sugar
2 T. flour

Add 1 c. pineapple juice and 1 beaten egg. Cook until thickened. Add 2 T. butter. Cool, then add 1 c. whipped cream or substitute. Spread over salad and sprinkle with nuts.

Eleanor Hickey

GOLDEN GLOW SALAD

1 pkg. lemon jello
1 pkg. orange jello
Dissolve in $2\frac{1}{2}$ c. boiling water.
4 T. lemon juice
 $\frac{1}{2}$ t. salt
1 lb. can crushed pineapple
1 c. grated carrots
1 T. horseradish (optional)
1 c. celery

Helpful Hint: Keep in mind that even if you're on the right road, you'll get run over if you just sit there.

JELLO LAYER SALAD

2 pkg. Red Jello	1 pkg. Lemon Jello
1 cup marshmallows	1 #2 can crushed
1 cup Whipped cream	pineapple
1 sm. pkg. Phil. cream cheese	
	1 cup salad dressing

1rst layer-Red jello(1pkg.). Set until almost firm. 2nd layer-Dissolve lemon jello in 1 cup hot water. Add cut up marshmallows and pineapple juice. Put in double-boiler until marshmallows dissolve. Remove from heat. Cream cheese, add to filling. Beat until smooth. Add pineapple. Cool. Fold in 1 cup salad dressing, 1 cup whipped cream. Let set, then pour over jello. 3rd layer. Red jello. Let set a little, then pour over.

ORANGE SHERBERT SALAD

2 cans Mandarin oranges and juice
2 pkgs. Orange-Pineapple jello
2 pts. Orange sherbet
2 cups miniature marshmallows

Drain juice from oranges. Add enough water to make 2 cups. Heat liquid to boiling and pour over jello. Stir to dissolve. Spoon in sherbet and stir until melted. Fold in oranges and marshmallows. Chill until set.

Serves 12-16

"My Grandfather once told me that there are two kinds of people; those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition there."....Indira Gandhi

CRANBERRY SOUR CREAM SALAD

1 pkg. cherry flavored gelatin
 1 c. hot water
 1 (1 lb. can) whole cranberry sauce
 $\frac{1}{2}$ c. diced celery
 $\frac{1}{4}$ c. chopped walnuts
 1 c. commercial sour cream

Dissolve gelatin in hot water. Let chill until slightly thickened. Break up cranberry sauce with fork. Stir into gelatin with celery and walnuts. Fold in sour cream. Pour into a 2 qt. mold and chill until firm. Makes 4-6 servings.

FRUIT SALAD

2 eggs beaten
 $\frac{1}{2}$ c. sugar
 1 T. flour
 Juice & rind of 1 lemon and 1 orange
 Combine, cook until thickened. Cool. Add 1 c. whipping cream that has been whipped.
 1 can pineapple chunks
 1 can fruit cocktail
 2 or 3 bananas
 $\frac{1}{2}$ c. chopped nuts
 $\frac{1}{2}$ lb. miniature marshmallows

Combine with dressing and chill over night.

No matter what the critics say, a television program that keeps four children quiet for an hour, can't be all bad!

CABBAGE & BEAN SALAD

1 head cabbage (chopped)
 2 green onions (chopped)
 $\frac{1}{2}$ cup celery (chopped)
 $\frac{1}{4}$ cup green pepper (chopped)
 1 cup Kidney beans (drained)
 1 cup Garbanzo beans (drained)

Mix with Krafts Salad bowl dressing.

RIBBON SLAW.

Mix shredded purple cabbage with sliced radishes, sliced stuffed olives and mayonaise. Mix shredded green cabbage with cucumber slices, kidney beans and mayonaise. Layer salads in clear glass bowl or side by side in a big bowl.

SAUERKRAUT SALAD

1 large can sauerkraut (wash in cold water and squeeze)

Chop up on bread board and add:

1 cup chopped celery
 1 can chopped pimiento
 1 medium onion (diced)

Bring to a boil:

$1\frac{1}{2}$ cups sugar
 $\frac{3}{4}$ cup vinegar
 $\frac{1}{2}$ cup oil

Pour over vegetables and let stand overnight.

POTATO SALAD FOR A CROWD

(recipe may be cut to smaller amounts)

10 lbs. red potatoes, boiled in jackets, cooled
peeled and diced.
1 doz. eggs, boiled, cooled, peeled & separated
1 dry onion, peeled and diced
3 dill pickles, diced
1 qt. mayonnaise (approx.)
1 T. prepared mustard
Paprika, salt and pepper

In large bowl combine potatoes, onion, pickles and egg whites. In another bowl, mash egg yolks with fork. Add mayonnaise, paprika, mustard, salt and pepper. Mix well. Add mayonnaise mixture to potato mixture. Mix well. Chill. Serve.

You may substitute sweet pickles for dill and salad dressing for mayonnaise if you prefer.

Dolores Tallman

SEAFOOD SALAD

Mix 1 pkg. lemon jello with 1 c. hot water. Add 1 small can tomato sauce, $1\frac{1}{2}$ t. vinegar, $\frac{1}{2}$ t. salt and dash of pepper. Chill until slightly thickened. Fold in 1 or 2 t. minced onion, 1 c. thinly sliced or chopped celery, 1 can crab meat and 1 can shrimp. Makes 6 large or 8 small molds.

Virginia Crichton

Time is like money; the less of it we have to spare, the further we make it go.

BEAN SALAD

1 can red kidney beans
1 can green beans (french cut)
1 can yellow beans (french cut)
 $\frac{1}{2}$ c. celery
 $\frac{1}{2}$ c. onion
1/3 c. white vinegar
1/3 c. red wine vinegar
1/3 c. salad oil
1/3 c. sugar
Salt and pepper to taste.

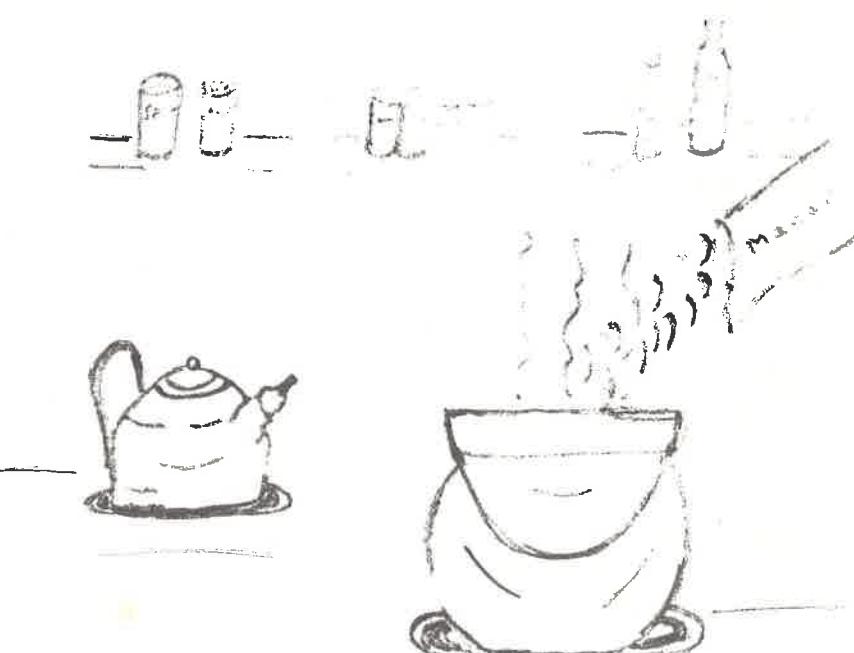
Drain beans. Combine all and let stand overnight.
Naomi Paschelke

Below is another bean salad which is much like the above salad but with a few different ingredients.

FIVE BEAN SALAD

1 can Kidney beans, drained
1 can green beans, drained
1 can bean sprouts, drained
1 can wax beans, drained
1 can baby lima beans, drained
1 green pepper, sliced fine
1 onion, sliced fine
Mix and marinate for 24 hours in the following dressing:
 $\frac{1}{2}$ c. vinegar
 $\frac{3}{4}$ c. sugar
 $\frac{1}{2}$ c. oil
1 t. salt
dash of paprika and cayenne pepper

M A I N



D I S H E S

ZUCCHINI AND TOMATOES--AU GRATIN

2 lbs. zucchini	1/2 t. salt
3 T. chopped onion	1/8 t. pepper
3 T. fat	3/4 c. grated cheese
2 c. stewed tomatoes	

Wash zucchini and cut into $\frac{1}{4}$ inch pieces. Cook onion in fat, add zucchini and cook slowly 5 minutes, stirring frequently. Add tomatoes, salt and pepper. Cover and cook 5 minutes longer. Turn into greased baking dish, sprinkle cheese over top and bake in moderate oven (375) about 20 minutes. Serves 6-8.

CORN DISH

2 T. oil	1 t. lemon pepper
$\frac{1}{2}$ c. chopped celery	2 T. wheat germ
$\frac{1}{2}$ large onion, chopped	1 lb. can corn
4 oz. can mushrooms	

Cook onion and celery in oil over low heat until transparent. Add other ingredients. Bring to boil, put in casserole. Bake slowly for 1 hour until done at about (250).

Greta Korb

BAKED BEANS

1 lb. dry beans (soak over night)	
1 can tomato soup	1 med. onion (diced)
4 T. molasses	bacon (diced)
1/3 c. brown sugar	$\frac{1}{4}$ c. catsup
1 t. mustard	
1 T. worchestershire sauce	
2 t. salt	

Bake 6-8 hours at 300°.

GREEN BEAN SUPREME

Cook in skillet for 1 minute: $\frac{1}{2}$ t. grated onion and 2 T. butter or margarine.

Blend in: 2 T. all-purpose flour, 1 t. sugar, $\frac{1}{2}$ t. salt, and dash pepper.

Add and cook until thick and bubbly, $\frac{1}{2}$ c. milk, and $\frac{1}{2}$ c. sour cream.

Remove from heat and add by layer, in thirds, in a casserole along with: 2 (1 lb.) cans green beans (drained) and 1 c. shredded swiss cheese. Top with: $\frac{1}{2}$ c. corn flake crumbs and 1 T. butter or margarine, melted.

Bake 400° for 20 minutes. Serves 8.

Greta Korb

CALICO BEAN BAKE

Brown in pan:

$\frac{1}{2}$ lb. bacon

$\frac{1}{2}$ lb. hamburger

Add, brown:

1 c. chopped onion

1 large clove garlic

Add:

2 t. salt

1 t. dry mustard

3/4 c. brown sugar

$\frac{1}{2}$ c. white sugar

$\frac{1}{2}$ c. catsup

Bake 350°. 40 minutes.

Where we stand is not as important as in what direction we are moving.

2 t. vinegar
1 c. baked beans
1 c. lima beans

CHILI SAUCE

22-24 ripe tomatoes, medium size (7 lbs.)

1 c. chopped onions (2 medium)

1 c. chopped green peppers (2 medium)

1 $\frac{1}{2}$ c. sugar

2 c. vinegar

2 T. salt

$\frac{1}{2}$ t. cayenne

$\frac{1}{2}$ t. curry powder

1 t. dry mustard

1 t. ground cinnamon

1 t. ground ginger

1 t. ground cloves

1 t. ground allspice

1 t. ground nutmeg

Blanch, peel core and chop tomatoes. Combine with the remaining ingredients and bring to a boil. Cook the mixture until thick (about 2 hours) stirring frequently to prevent burning. When sauce is of desired consistency, pack HOT sterilized, hot jars and seal at once.

Yield- about 4 pints.

When your pre-schooler says, I don't have anyone to play with, mix up finger paints and set them to work--3 T. sugar, $\frac{1}{2}$ c. cornstarch, 2 c. cold water. Mix the first two ingredients and add water. Cook over a low flame, stirring constantly, until well blended. Divide the mixture into four or five small containers - add food coloring to each. It's harmless and edible - but messy.

MEAT BALLS STROGANOFF

½ c. finely chopped onion
 ¼ c. butter or margarine
 2 slices stale white bread
 ½ c. buttermilk
 1½ lbs. ground beef
 1 egg
 1½ t. salt
 Dash of pepper
SAUCE:
 1 can cream of mushroom soup
 1 c. buttermilk
 1/3 c. catsup
 ½ t. caraway seeds.

Saute onions in butter. Remove from skillet. Combine bread and buttermilk in bowl. Add beef, egg and seasonings and sauted onions. Make into meatballs and brown. Mix sauce and add to meatballs. Simmer uncovered until thoroughly heated. Serve meatballs and sauce over hot noodles. Serves 6-8.

HAMBURGER CASSEROLE

Fry 8 pieces of bacon. Drain, save grease. Brown ½ c. rice and ½ c. onions in grease. Line bottom of 4 qt. casserole with shredded cabbage, 1" thick. Pour rice and onions over cabbage. Brown 1½ lbs. hamburger with 1½ t. salt. Put over rice mixture. Add another inch of shredded cabbage. Mix together 1 qt. tomatoes, 1½ c. water and 1 pkg. spaghetti sauce with mushrooms (dry). Pour over all. Crumble bacon on top. Cover. Bake at 400°, 45-60 minutes.

ITALIAN DELIGHT

1 lb. hamburger	Grated cheese
2 t. salt	
1 onion	
1 green pepper	
1 can tomato paste	
1 can tomatoes (#2)	
1 can whole kernel corn (drain)	

Brown onion and meat and next four ingredients, and simmer about ½ hour. Layer spaghetti, sauces, and cheese, ending with cheese on top. Brown in oven until cheese melts.

HAMBURGER NOODLE BAKE

2 T. butter	Dash pepper
1 lb. hamburger	1 t. sugar
1 clove garlic	2 (8oz.) cans
1 t. salt	tomato sauce

Brown hamburger in butter. Add remaining ingredients. Cover and cook slowly for 20 minutes.

18 oz. pkg. noodles

Cook noodles according to directions on pkg.

Drain.

6 green onions

1 3oz. pkg. cream cheese

½ c. sour cream

Chop onions (green tops, also) with cream cheese and sour cream.

Put layer of noodles in bottom of baking dish, (about 1/3) then spread 1/3 of cream cheese mixture and 1/3 meat sauce. Repeat twice, then sprinkle with cheddar cheese. Bake at 350 for 25 minutes or until bubbly. Serves 6.

HAMBURGER CASSAROLE

2 lbs. hamburger (raw in pan)
 2 med. onions (chopped)
 2 T. soy sauce
 2 cans cream of celery soup
 1 lg. pkg. tatertots

Put hamburger in bottom of pan, broken up. Spread chopped onion on top of meat. Soy sauce, then soup, last, tatertots. Pepper to taste.
 350 for 1 hour.

MORE

2 c. cooked lima beans	1 diced onion
2 c. cream style corn	$\frac{1}{2}$ t. chili powder
1 lb. fried ground hamburger	chopped green pepper
1 can tomato soup	1 t. salt
1 c. water	

Mix in casserole and simmer 2 hours.

Mildred Heath

JACKPOT CASSEROLE

1 lb. hamburger	salt and pepper
$\frac{1}{4}$ c. chopped onions	1 can cream style corn
1 can tomato soup	1 c. grated cheese
$1\frac{1}{2}$ c. water	$\frac{1}{4}$ c. ripe olives
4 oz. egg noodles	(chopped) optional

Brown meat, add onion, soup, water and noodles. Cook until noodles are tender. Season. Add corn, olives, and cheese. Put in casserole and bake 45 minutes at 350.

HAMBURGER HOT POT

1 $\frac{1}{2}$ lb. ground chuck
1 clove garlic, crushed
salt
1/8 t. pepper
6 med. potatoes (2 lbs.) pared, cut $\frac{1}{4}$ in. thick
3 med. onions, sliced (2 cups)
1 can (10 $\frac{1}{2}$ oz.) condensed golden mushroom soup (undiluted)

Chopped parsley, catsup

1. Preheat oven to 350 F.
2. Heat a large skillet. Add chuck and saute, stirring with fork until brown, about 10 minutes. Pour off fat, stir in garlic, $\frac{1}{2}$ t. salt, pepper.
3. In a 2 $\frac{1}{2}$ qt. casserole, place half the potato slices, then half the onion; add browned meat; top with remaining potato and onion. Sprinkle with $\frac{1}{2}$ t. salt. Add soup. Spread evenly over all.
4. Bake, covered, 1-1 $\frac{1}{2}$ hours. Garnish with parsley. Serve with catsup. Makes 6 servings.

TALLERINI

2 T. olive oil or other shortening	1 small onion
1 clove garlic	1 lb. hamburger
2 t. salt	1 green pepper
Cayenne pepper	$\frac{1}{4}$ lb. dry noodles
$\frac{1}{2}$ t. sugar	3 c. tomatoes
	$\frac{1}{2}$ lb. American cheese

Place skillet on large surface unit. Turn switch to high, add shortening. When hot, add chopped onion, hamburger, chopped green pepper and garlic. Cook until brown, stirring constantly. Season, put in noodles, tomatoes and grated cheese. Cover. When steaming freely, turn switch to low and cook for 30 minutes.

HAMBURGER DISH

1 lb. hamburger
 1 sm. onion
 1 can cream of chicken soup
 $\frac{1}{2}$ c. milk
 1 c. sour cream
 8 oz. pkg. noodles

Brown meat and onion, add cream of chicken soup and milk. Season to taste, simmering until soup is hot. Before taking off heat, stir in sour cream.

Cook noodles according to directions on pkg. Pour noodles in bottom of casserole, topping with meat mixture.

FAMILY MEAT LOAF

$\frac{1}{2}$ lbs. ground chuck
 1 c. fine dry bread crumbs
 1 c. milk
 1 t. salt
 $\frac{1}{8}$ t. pepper
 $\frac{1}{4}$ t. poultry seasoning
 2 eggs
 1 t. worcestershire sauce
 1 sm. chopped onion

Meat Loaf Glaze
 $\frac{1}{4}$ c. catsup
 $1\frac{1}{2}$ -2 T. brown sugar
 1 t. prepared mustard

Combine and mix meat loaf ingredients and put in pan. Mix ingredients of glaze and spread over meat loaf.

Bake in oven at 350 for 1 hour, 15 minutes.

YANKEE DOODLE (small quantity)

1 lb. ground beef
 1 clove garlic minced (small) optional
 $\frac{1}{2}$ c. diced onion
 $\frac{1}{2}$ c. diced celery
 $\frac{1}{2}$ c. diced green pepper
 1 c. elbow macaroni (small) uncooked
 1 8oz. can tomato sauce
 $\frac{1}{2}$ c. water
 $\frac{1}{2}$ t. salt
 $\frac{1}{8}$ c. snipped parsley
 $\frac{1}{4}$ t. pepper
 3/4 T. worcestershire sauce

Cook ground beef until lightly browned. Then remove from pan. Fry first 5 ingredients until macaroni is slightly brown, in drippings from beef. Return beef to pan and rest of the ingredients. Cook on low heat or place in casserole for the oven. Cook on low heat approximately 30 minutes. Stir occassionally and add a little water if needed. May sprinkle $\frac{1}{4}$ c. grated cheese over top before serving if desired.

Wanda Spohn

BAGDAD HASH

1 can drained tuna
 1 can mushroom sauce
 1 can water
 $\frac{1}{2}$ can Cashew nuts
 1 can Chinese noodles (3 oz.)
 1 c. chopped celery
 1 c. chopped onion

Mix together. May sprinkle top with crushed potato chips or part of noodles. Bake at 375 uncovered for 40 minutes.

HOT DISH

$\frac{1}{2}$ pkg. noodles, med. size
 1 can tuna fish
 1 can mushroom soup
 1 can milk
 Grated cheese
 potato chips
 Frozen peas ($\frac{1}{2}$ pkg.)

Boil noodles in salted water. Drain well. Mix tuna fish, noodles, mushroom soup, peas and milk. Put in casserole dish. Sprinkle potato chips on top and grated cheese over all. Bake in medium oven until hot and browned on top.

TUNA CASSEROLE

$\frac{1}{2}$ lb. noodles
 6 eggs (hard-boiled)
 1 can tuna fish ($6\frac{1}{2}$ oz. can)
 1 can cream of mushroom soup

Cook noodles until almost done. Drain and combine with the rest of the ingredients in baking casserole. Chop eggs, and do not add water to soup. Bake at 350° for 20 minutes. Cheese may be sprinkled on top if desired. Serves 6.

Roberta Shackleton

HARD-BOILED EGG TUNA CASSEROLE

1 c. macaroni (cooked)
 1 can tuna
 $\frac{1}{2}$ c. chopped celery
 2 T. chopped onion
 1 can cream of celery soup & $\frac{1}{2}$ c. milk
 3 hard-boiled eggs, chopped
 Sprinkle with grated cheese

Bake 350° for 30 minutes.

CHINESE BEEF CASSEROLE

2 lbs. ground beef
 1 c. minced onion
 2 c. chopped celery
 1 can mushroom soup
 1 can Chow Mein noodles
 2 cans chicken soup

Brown beef and onions together until crumbly. Boil celery about 10 minutes. Combine all ingredients. Top with noodles. Bake 30 minutes at 350° in flat baking dish. No seasoning is needed. Serves 10 or 12.

Jane Dinsdale

CHINESE CASSEROLE

1 lb. ground beef
 1 c. onion chopped
 1 c. celery
 1 can drained bean sprouts
 1 can chicken soup
 1 can celery soup
 1 c. cooked rice
 1 can Chow Mein noodles

Brown meat, add onions and celery. Add other ingredients. Top with chow mein noodles. Bake uncovered at 350° for 30 minutes.

Add one grated raw potato to each pound of ground meat for extra good and juicy hamburgers. Also, $\frac{1}{2}$ cup of grated or minced celery gives a delicious flavor.

CHINESE CASSEROLE WITH TUNA

1 3oz. can chow mein noodles
 1 can Tuna
 1 can mushroom soup
 $\frac{1}{4}$ c. celery, chopped
 Walnuts, chopped
 $\frac{1}{4}$ soup can of milk

Reserve some noodles to crush for topping.
 Mix other ingredients in casserole. Top with crushed noodles. Bake at 325° for 40 minutes
 Naomi Paschelke

SALMON LOAF

2 cans Salmon	1 or 2 c. mayonaise
3 slices bread	Dash garlic salt
1 small onion	1 T. salt
	1 egg

Thoroughly blend the ingredients together with a fork and bake in a casserole about 350° for 1½ hours.

Peggy Tucker

SAUSAGE CASSEROLE

2 envelopes Lipton chicken noodle soup	
5 c. water	$\frac{1}{2}$ green pepper, chopped
1 c. raw rice	1 can mushroom soup
2 c. chopped celery	1 lb. sausage
1 onion chopped	

Boil noodle soup and rice in water and cook until done. Meanwhile fry sausage and drain. Chop celery, onion, pepper. Mix ingredients and put in pan. Pour mushroom soup over top. Bake at 350° for 45 minutes.

TUNA LASAGNA

$\frac{1}{2}$ 16oz. pkg. lasagna noodles
 2 10oz. pkg. frozen mixed vegetables
 2 6½ or 7oz. cans tuna
 1 16oz. pkg. sliced American cheese

About 1 hour before serving:

Preheat oven to 350. Cook lasagna noodles as label directs; drain. Meanwhile, in large saucepan, cook mixed vegetables as labels direct; drain and set aside.

In same saucepan over medium-high heat, heat undiluted mushroom soup, $\frac{1}{2}$ soup can of milk, stirring until blended. Fold in tuna and mixed vegetables and heat thoroughly.

In a greased 13" by 9" baking dish, arrange 3 noodles lengthwise; spread with $1/3$ tuna mixture and $1/3$ cheese slices; repeat layers two more times. Bake 30 minutes. Let stand 15 minutes before serving. Makes 8 servings.

SALMON-RICE PUFF

1 lb. salmon	$\frac{1}{4}$ c. chopped onion
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ c. chopped celery
2 eggs (slightly beaten)	4 t. lemon juice
1 c. cooked rice	$\frac{1}{2}$ t. worcestershire sauce
Salt and pepper to taste	

Flake salmon. Stir in rest of ingredients in order given except salt and pepper. Add salt and pepper last. Pour into greased custard cups or casseroles and bake 375 for 30 minutes. Sprinkle tops with grated cheese and allow to melt. Garnish with parsley. Serves 5-6.

Evelyn Brethour

Recipe: How to delight your family with left-overs -- throw them out!

CHICKEN PUFF ROYALE

Combine:

2 c. diced cooked chicken
 1 c. chopped celery
 1 c. ($\frac{1}{4}$ lb.) shredded cracker barrel natural cheddar cheese.
 $\frac{1}{2}$ c. chopped stuffed olives
 1 t. salt
 Dash pepper

Mix lightly with enough mayonnaise to moisten. Fill little cream puff shells made from your own recipe or your favorite ready mix. Makes 36.

Lorraine Furor

CHICKEN CASSEROLE

1 5 lb. chicken	$\frac{1}{2}$ c. minced pimento
1 3 oz. can mushrooms	1 c. cooked peas
1 c. ripe olives, pitted	1/8 t. salt & pepper
6 c. med. wide noodles	$\frac{1}{2}$ t. celery salt
1/3 c. minced onions	1 c. chopped ham
1 can mushroom soup	1/3 c. minced green pepper
$\frac{1}{2}$ c. grated cheese	

Can make the day before. Cook chicken, add preferred seasoning. Skim and put aside. To broth add mushrooms and olive juice and water to equal 6 cups. Bring to a boil and cook noodles until barely tender. In 2 T. chicken fat, saute pepper, onion, mushroom for 5 min. Add to chicken with half of olives. To un-drained noodles, add soup and next 6 ingredients. Put in 3 qt. casserole. Arrange chicken and noodles in layers. Top with chopped ham and olives. Bake 1 hr. or 1 3/4 hrs. if chilled. 350°. Serves 8 - 10 generously.

CASHEW NUT CHICKEN CASSEROLE

Mix together and put in casserole:

1 c. chopped celery
 1 c. chopped onion
 2 c. shredded chicken
 1 can Chinese noodles
 Salt to taste
 $\frac{1}{2}$ c. Cashew nuts

Mix together and pour over above:

1 can mushroom soup
 1 can chicken stock

Sprinkle more noodles over top. Bake at 350° for 1 hour. Put casserole in pan of hot water while baking. Serves 6 - 8.

CORNED BEEF CASSEROLE

8 oz. macaroni
 1 can corned beef
 Grated cheese to cover
 celery
 onion
 1 can creamed chicken soup
 milk
 buttered bread crumbs

While cooking macaroni, saute 1 large onion and 1 to 1 1/2 cups celery. Layer macaroni in bottom of casserole, cover with crumbled corn beef, then cheese to cover. Cover this with layer of sauted mixture. Put dabs of soup over casserole, then pour milk over all (about soup can full). Cover with bread crumbs and bake for half hour at 350°.

Life is mostly froth and bubble, two things stand like stone -- Kindness in another's trouble, courage in our own.

TAMALE JOE

½ lb. sausage links (sliced)
 1½ lbs. ground meat
 1 large chopped onion
 1 T. chili powder
 2 t. salt
 ¼ t. pepper
 1 12 oz. can whole kernel corn (drained)
 2 8 oz. cans tomato sauce
 1 c. milk
 ½ c. corn meal
 1 small can pitted ripe olives (drained)
 1 c. grated American cheese

Brown sausages slowly in large skillet or cooker, pour off fat, add meat and onion. Cook and stir until meat loses red color. Add seasonings, corn, tomato sauce and milk. Season further if you like. Gradually stir cornmeal into meat mixture. Add olives, pour into 3 qt. casserole and top with cheese. Bake in moderate oven, 325° for about 40 min. 6-8 servings.

COUNTRY NOODLE CASSEROLE

½ lb. bacon (drain & crumble)
 12 oz. vermicelli noodles (cook as directed and drain well)
 Toss lightly with bacon bits.
 Mix: 1 pt. sour cream
 1 pt. country style cottage cheese
 1 c. finely chopped onions
 1 clove garlic
 Horseradish
 2 T. Worcestershire sauce
 3 or 4 drops Tabasco sauce

Add to noodles, mix lightly. Put into buttered casserole. 350° for 40 min. Remove and add 1 c. Parmesan cheese; put under broiler to brown

TAMALES

Ingredients: Corn husks (2 pkgs)
 Pitted or chopped olives
 8 lbs. beef & 2 lbs. pork or
 1 lrg. turkey, cooked & boned
 Chili, 1 small package or ½ bottle Gebhardts chili powder
 2 garlic cloves
 dash of Cumin

Boil beef until tender, drain saving all broth. Fry pork until well done. Add flour to pork to make thick gravy. Add chili, garlic and cumin. Mix beef and pork mixtures, season to taste, salt etc.

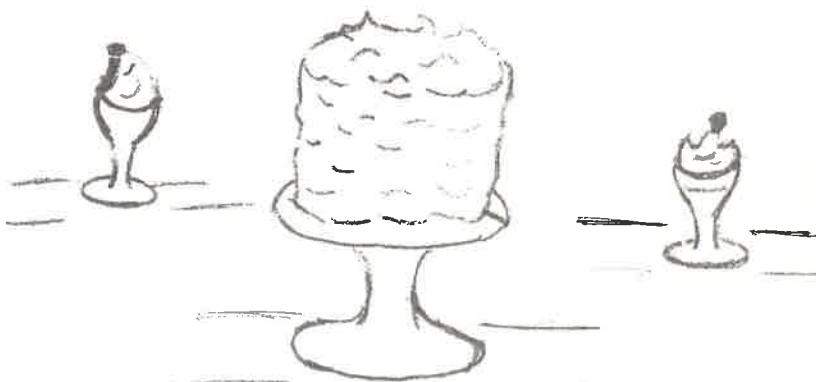
Dough or Mosa: If prepared Mosa is not available buy 20 lbs. mosa (dry meal, not prepared) and 4 lb. lard. Using half of each ingredient, mix in HUGE pan with 2 T. baking powder and salt to taste. Add enough beef broth to make it blend well (usually takes all of it), mix by hand until smooth, being sure to get all lumps out.

Pre-soak corn husks in water to soften for easy handling. Spread thin layer of prepared mosa on husk, leaving ends free and empty for tying or folding.

Spoon a small amount of prepared gravy/meat mixture on mosa. Add 1 or 2 olives, or spoonful of chopped olives. Roll husk carefully and tie or fold ends under (tying is time consuming). Place carefully in large kettle suitable for steaming, with a rack to hold tamales out of water and off bottom of pan. Stack or group closely, but do not layer tightly. Cover and steam steadily for 3-3½ hrs. (1 hr. in pressure cooker at 12-13 lbs.) Be sure steam is continuous.

Barbara R. Parmelee

DESSERTS



RED VELVET CAKE

Cream together: $\frac{1}{2}$ c. shortening
2 eggs
 $1\frac{1}{2}$ c. sugar
Make paste of: 2 T. cocoa
2 oz. red food coloring
Mix paste and creamed mixture together.
Add: 1 t. salt
1 t. vanilla
1 c. buttermilk alternately with $2\frac{1}{2}$ c. sifted cake flour and $1\frac{1}{2}$ t. soda.
Fold in 1 t. vinegar.
Bake 2 9 inch layers at 350° .

Filling for Red Velvet cake

5 T. flour
1 c. milk
Cook until thick. Cool.
Cream together:
1 c. granulated sugar
1 t. vanilla
1 c. butter
Add to flour mixture and beat until texture of whipped cream. Split 2 layers into 4 and spread between layers.

May frost with favorit icing.

Grace Allen

Summer is the dreaded season when youngsters, for no earthly reason, will slam until they almost splinter, the doors they didn't close all winter.

TOFFIE BARS

$\frac{1}{2}$ C. brown sugar
 $\frac{1}{2}$ C. granulated sugar
 1 C. shortening
 2 t. vanilla
 $\frac{1}{2}$ t. salt
 2 eggs
 1 C. sifted flour
 1 C. uncooked oatmeal

Bake in 9x13 inch pan in 350° F. oven for about 30 min. Frost with chocolate frosting.

BUTTERSCOTCH SQUARES

3 T. butter	$\frac{3}{4}$ C. sifted flour
$\frac{1}{4}$ C. evaporated milk	1 t. baking powder
1 C. firmly packed brown sugar	$\frac{1}{2}$ t. vanilla extract
1 egg	$\frac{1}{2}$ C. chopped nuts or coconut
$\frac{1}{4}$ t. salt	

Melt butter in saucepan over low heat. Remove from heat. Add milk, sugar, egg and salt. Beat until well blended. Sift flour with baking powder. Stir into egg mixture to blend. Then stir in nuts. Turn into a well-greased 8 inch square pan and spread evenly. Bake at 350° until toothpick inserted in center comes out clean, about 30 min. Cool in pan on a rack, then cut in 2 inch squares. Makes 16 squares.

Thank you, Lord, as a volunteer, for the chance to serve again this year. To give myself in some small way, for those not blessed as I each day.

A slice of bread in the cookie jar will keep the cookies as fresh as when they were put away.

CREAM PUFFS

Heat to boiling point in saucepan, 1 C. water, $\frac{1}{2}$ C. butter, then stir in, 1 C. sifted flour. Stir constantly until mixture leaves the pan and forms into a ball (about 1 min.). Remove from heat and cool. Beat in, 1 at a time, 4 eggs. Beat mixture until smooth and velvety. Drop from spoon onto ungreased baking sheet. Bake until dry. Allow to cool slowly. Cut off tops with sharp knife, scoop out filaments and fill with custard, pudding or whipped cream. Replace tops and dust with confectioner's sugar. Serve cold. Bake in 400° oven, 25 to 45 minutes. Bake until puffed, golden brown and dry. Yields 8. Recipe doubles well.

MARSHMALLOW DELIGHT

30 marshmallows	1 C. milk
$\frac{1}{2}$ pint whipping cream	1 large C. crushed
14 graham crackers crushed fine	pineapple

Dissolve marshmallows in milk on stove in top of double boiler until they are thoroughly melted. Set aside to cool. Whip cream. Roll graham crackers fine and put $\frac{1}{2}$ of them in bottom of pan. When pineapple is well drained, add to marshmallows you have dissolved in milk. Fold in whipped cream. Spoon mixture in the crumbs and sprinkle balance of crumbs on top. Place in refrigerator for about 8 hours. Serve cold. Slice as you wish.

Use a regular size ice cream scoop when a recipe calls for $\frac{1}{4}$ cup shortening.

PEARL TAPIOCA PUDDING

1 C. pearl tapioca (soak overnight in 3 to 4 C. of water)
 Add 1 t. salt and boil until done and clear.
 Add:
 1 C. sugar
 Juice of lemon or extract
 Cool and add:
 1 can shredded pineapple (drained)
 2 or 3 beaten egg whites with a little sugar added while beating.

ORANGE WHIP

2 pkg (3 oz.) jello, orange or orange pineapple
 2 C. boiling water
 1 pint orange sherbet
 1 large can crushed pineapple
 3 bananas, sliced
 $\frac{1}{2}$ pint whipped cream

Dissolve jello in boiling water. Add Sherbet and chill until thick (about 45 min.). Fold drained pineapple, bananas and whipped cream into jello and chill until firm.

Phyllis Lundt

BEACON HILL COOKIES

Melt 1 C. (6 oz.) semi-sweet chocolate chips over hot water. Beat 2 egg whites with a dash of salt until foamy. Gradually add $\frac{1}{2}$ C. sugar, beating well. Then beat until stiff peaks will form. Beat in $\frac{1}{2}$ t. each vanilla and vinegar. Fold in chocolate and 3/4 C. chopped walnuts if desired. Bake in moderate oven, 350°, 10 minutes. Remove immediately. Makes 36.

Home Economics Junior Class, Oct. 1971

LEMON CHIFFON SQUARES

Crumb Crust

1 C. rolled oats
 $\frac{1}{3}$ C. sifted flour
 $\frac{1}{2}$ C. brown sugar
 $\frac{1}{2}$ t. salt
 $\frac{1}{2}$ t. cinnamon
 $\frac{1}{2}$ C. shredded coconut
 $\frac{1}{3}$ C. melted butter

Combine dry ingredients. Add melted butter in baking dish 8x10. Mix until crumbly. Bake at 375 for 10 min. until golden brown. Cool and toss with a fork to make crumbles. Divide this mixture and save $\frac{1}{2}$ for the top.

Filling

1 C. white sugar
 $\frac{1}{2}$ C. lemon juice
 $\frac{1}{2}$ t. salt
 4 eggs (separated)
 1 envelope unflavored gelatin
 $\frac{1}{2}$ C. cold water
 1 t. grated lemon rind

In top of double boiler, beat egg yolks until thick. Add $\frac{1}{2}$ C. sugar, $\frac{1}{2}$ C. lemon juice, salt. Cook over boiling water until custardy consistency. Soak gelatin in $\frac{1}{2}$ C. cold water, add to hot custard and stir until dissolved, add grated lemon rind, cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which other $\frac{1}{2}$ C. sugar has been added.

Next time you roll cookie dough, use powdered or granulated sugar. It works well and sure tastes good.

LEMON DELIGHT CAKE

1 pkg. lemon cake mix
 4 eggs
 1 C. orange juice
 $\frac{1}{2}$ C. oil
 1 pkg. lemon instant pudding mix

Blend all ingredients in a large bowl, then beat at medium speed for 2 min. Spread batter in a greased and floured 10 inch tube pan. Bake at 350° for 45 to 50 min. or until center springs back when touched lightly. Cool right side up for about 15 min., then remove from pan.

LEMON SCHRUM TORTE OR ANGEL PIE

Beat until stiff (holds a point)
 6 egg whites (3/4 cup)
 Gradually beat in 2 C. sugar
 Add alternately with sugar
 $\frac{1}{2}$ t. lemon juice or vinegar.
 Beat until very stiff and glossy. Bake in two 9 inch pans or 9x15 inch pan, brown paper lined
 Bake 60 min. 270°. Cool.

LEMON CUSTARD FILLING

Beat until thick and lemon colored
 6 egg yolks
 Gradually beat in
 3/4 C. sugar
 Blend in
 6 t. lemon juice
 2 t. lemon rind
 Cook over hot water, stirring constantly until thick (5-8 min.). Cool. 1 pint cream, whipped and sweetened. Put $\frac{1}{2}$ cream over merangue, then spread lemon filling. Top with remaining cream
 Chill about 12 hours before serving.

APPLE CRUMBLE WITH PECANS

1 C. brown sugar
 $\frac{3}{4}$ C. quick-cooking oats
 1 C. flour
 $\frac{1}{2}$ C. margarine (melted)
 1 t. cinnamon
 8 C. apple slices (5 large apples)
 1 C. white sugar
 2 T. flour
 Broken pecan pieces

Mix first five ingredients until crumbly. Press one-half of mixture into 9x13 inch pan. Mix next four ingredients and put over crumb mixture. Top with remaining half of mixture. Bake 1 hour at 350°.

Eleanor Hickey

CHERUB CAKES

Cream together:
 $\frac{1}{2}$ C. butter
 $\frac{1}{2}$ C. brown sugar
 $1 \frac{1}{3}$ C. flour
 $\frac{1}{2}$ t. salt
 Pat into a 9x12 inch pan.
 In same bowl:
 $\frac{1}{2}$ C. sugar
 $\frac{1}{2}$ C. brown sugar
 2 eggs
 $\frac{1}{8}$ t. salt
 1 C. chopped nuts
 $\frac{1}{2}$ C. coconut
 1 t. vanilla
 Beat, pour over above. Bake 20 min. at 350°.

Messy, but reliable spaghetti-testing for doneness -- throw a piece at the wall; if it sticks, it's done!

BISCUIT CAKE LOAF

$\frac{1}{2}$ cup jam or preserves
 $\frac{1}{4}$ cup chopped nuts
2 T. butter (melted)
2 8 oz. cans refrigerator biscuits
1 cup confectioners sugar
4 t. milk

Combine jam, nuts and butter. Dip each biscuit into preserve mixture and fold in half. Place folded side down in rows in greased 9x5x3 inch loaf pan. Bake at 350° F. until done about 30 min. Let stand in pan 5 minutes. Turn out onto cooling rack. Combine sugar and milk. Drizzle over loaf while warm.

QUICKIE BERRY DELIGHT

Use any small white or yellow cake. For this I used the Velvet crumb cake on the biscuit box.

Use 1 pint frozen berries. Any kind, my family likes raspberries. Drain off the liquid in small pan and thicken with corn starch or tapioca. Cook until very thick. After it cools, add the berries and stir. Cook while you are whipping the cream and add powdered sugar to cream as it makes it thicker. Put whipped cream around the edge of cake and fill the middle with the berries and chill until ready to serve.

Wanda Spohn

One of the best ways to teach older children to cook is ----to let them!